

Well Being of the EMT

1. **You are approaching the scene of a motor vehicle crash. Which of the following would be the first way to safeguard your well-being as an EMT?**
 - a. Take personal protective equipment (PPE) precautions
 - b. Request additional resources
 - c. Ensure scene safety
 - d. Utilize DOT-approved reflective safety clothing
2. **Which of the following descriptions BEST defines the term *pathogen*?**
 - a. An immunity developed after an exposure
 - b. A study of the origins of infection and disease
 - c. A medication with a harmful effect
 - d. An organism that causes infection and disease
3. **What is a common term used to describe the items needed for Standard Precautions or body substance isolation precautions?**
 - a. Harm-reduction strategy
 - b. Exposure-control plan
 - c. Personal protective equipment
 - d. Infection-control plan
4. **What would be the primary reason for an EMT to change gloves between contact with different patients?**
 - a. To protect the EMT from becoming infected
 - b. To minimize the amount of time the EMT's hands are spent in gloves
 - c. To ensure soiled gloves are changed as soon as possible
 - d. To prevent spreading infection to the next patient
5. **An EMT may consider wearing protective eyewear when caring for which of these patients?**
 - a. A patient with a difficult-to-visualize scalp laceration
 - b. A trauma patient who is covered in dirt, rocks, and other foreign debris
 - c. A patient who is actively coughing
 - d. A patient who was sprayed with mace by police during arrest
6. **You are called to an assault on a homeless male. Dried blood from the trauma is visible around the patient's mouth and nose. During assessment, you note the patient has a productive cough. The patient says, "Don't worry, I'm not contagious. I've had this cough for a year." Describe the best approach regarding respiratory isolation.**
 - a. Isolate the patient with a nonrebreather mask.
 - b. Mask yourself and the patient.
 - c. Mask yourself only.
 - d. Use gloves for PPE, as that's all that's needed.
7. **Due to the high risk of an unstable work environment, EMTs responding to a motor vehicle crash may consider using _____ in addition to standard PPE.**
 - a. N-95 masks
 - b. heavy-duty gloves
 - c. face shields
 - d. Level B hazmat suits
8. **When covering a patient's mouth and nose with a mask of any kind, which of the following is the primary risk?**
 - a. Causing or exasperating respiratory illnesses
 - b. Interfering with patient communication
 - c. Upsetting the patient because of the social stigma
 - d. Obstructing the ability to visualize and protect the airway

Well Being of the EMT

9. **During which of these situations would the use of protective gloves be optional?**
 - a. Bandaging a laceration
 - b. Childbirth
 - c. Splinting a sprained ankle
 - d. Glucometry
10. **Which of the following terms is best defined as "a state of physical and/or psychological arousal to a stimulus"?**
 - a. Homeostasis
 - b. Distress
 - c. Stress
 - d. Eustress
11. **Since EMS personnel are often exposed to both acute and chronic stressors, _____ management may be helpful to cope with on-the-job experiences.**
 - a. critical incident stress
 - b. crisis intervention stress
 - c. stress prevention
 - d. chronic stress
12. **Which of the following parts of the nervous system is responsible for the "fight or flight" response experienced in response to a stressor?**
 - a. Parasympathetic nervous system
 - b. Central nervous system
 - c. Peripheral nervous system
 - d. Sympathetic nervous system
13. **What action does an organ undergo to best describe the term *hypertrophy*?**
 - a. Absence
 - b. Wasting
 - c. Changing
 - d. Enlargement
14. **The CDC recommends using an alcohol-based hand sanitizer in all BUT which of the following situation(s)?**
 - a. The patient has a bloodborne communicable disease.
 - b. The patient has a respiratory illness.
 - c. The provider is not vaccinated against hepatitis B.
 - d. The provider's gloves come into contact with fecal matter.
15. **Which hormone helps the body control stress, regulate metabolism, and influence an immune response?**
 - a. Immunoglobulin
 - b. Serotonin
 - c. Epinephrine
 - d. Cortisol
16. **The "Stress Triad," or the body's response to a stressful stimulation, is known as general _____ syndrome.**
 - a. incident
 - b. resistance
 - c. reaction
 - d. adaptation

Well Being of the EMT

17. **When transporting a patient with tuberculosis, a(n) _____ mask should be worn by the EMT and a(n) _____ mask should be worn by the patient.**
- N-95; N-95
 - surgical; surgical
 - surgical; N-95
 - N-95; surgical
18. **According to Dr. Hans Selye, the third stage of the "Stress Triad" is known as the _____ stage.**
- resistance
 - cumulative
 - exhaustion
 - alarm
19. **For emergency workers, meeting with trained mental health and counseling personnel following a critical incident:**
- is always recommended.
 - may be helpful in some situations, but harmful in others.
 - must be held from 24 to 72 hours to be effective.
 - has been replaced with "debriefing/defusing."
20. **What mode of transmission most accurately describes the route of spreading hepatitis A?**
- Respiratory droplet
 - Unprotected sex
 - Fecal-oral
 - Bloodborne
21. **Which of the following pathogens can live in dried blood for weeks and should be a major concern for EMS providers even while cleaning contaminated equipment?**
- Tuberculosis
 - Hepatitis B
 - Hepatitis A
 - AIDS
22. **The heart may undergo _____ when required to pump for years against untreated high blood pressure.**
- atrophy
 - hypertrophy
 - hyperplasia
 - metastasis
23. **Which of the following is a physiologic effect of the "Stress Triad" as described by the physician Hans Selye?**
- Bleeding gastric ulcers
 - Hypertrophy of the lymph nodes
 - Atrophy of the adrenal glands
 - Amnesia for stressful events
24. **An EMT involved in an especially difficult call, such as one in which a coworker was killed, should be urged to:**
- discuss the experience freely with coworkers.
 - begin a course of psychiatric medications.
 - seek help from a trained mental health professional.
 - conceal the problem because care may not be covered financially.

Well Being of the EMT

25. The term *burnout* is also known as a(n) _____ stress reaction.
- delayed
 - post-traumatic
 - acute
 - cumulative
26. Post-traumatic stress disorder may be described as a(n):
- acute stress reaction.
 - cumulative stress reaction.
 - severe stress reaction.
 - delayed stress reaction.
27. One's "cognitive ability" refers to his or her ability to do which of the following?
- Control his or her emotions
 - Use fine motor skills
 - Adapt to stress
 - Think and solve problems
28. Which of the following terms refers to a positive form of stress that helps people work when under pressure and respond effectively?
- Prostress
 - Distress
 - Unstress
 - Eustress
29. What is the EMT's highest priority at the scene of a hazardous materials incident?
- Personal safety
 - Identification of hazards
 - Patient care
 - Safety of bystanders
30. You are dispatched to a "down and out" with no further information. As your unit arrives on-scene, you see a crowd of bystanders looking at a man lying in an alleyway. The bystanders begin screaming to you, "Help him, he's been shot! He's bleeding real bad!" What would be the best course of action?
- Move bystanders aside since the patient will die without treatment.
 - Tell law enforcement investigators to meet your unit at the ER.
 - Dispatch law enforcement and wait until the scene is secure.
 - Load and go, because you're already on-scene.
31. The first step of the actions required to respond to danger, which may involve creating a safe word, is also known as a:
- protocol.
 - plan.
 - strategy.
 - tactic.
32. You are called to the home of an elderly female who has fallen and fractured her hip. At the front door, you notice she has a German shepherd who is very defensive of its owner. When you enter the home, the dog remains calm, but as soon as you attempt to touch the patient, it begins to bark. The patient says, "Don't worry, he's just possessive of me. I just don't know what I'd do if anything happened to him." An appropriate course of action would be to:
- have the patient try to walk out of the home.
 - calm the dog and place it in another room.
 - ignore the dog and continue treating the patient.
 - dispatch animal control to your location.

Well Being of the EMT

33. Which three "Rs" are essential for the EMT to practice when reacting to danger?
- Retreat, radio, reevaluate
 - Remember, respect, respond
 - Ricochet, recover, re-entry
 - Realize, react, reassess
34. You are dispatched to a female with altered mental status. Once inside the home, you find a female who appears to have been beaten unconscious. A man, who smells of alcohol, says that she is his wife and that he doesn't know what happened: "I just found her this way!" The husband is behaving suspiciously, appears paranoid, and is pacing erratically around the room. What would be the safest course of action?
- Continue to question the man and begin treating the patient.
 - Evacuate the patient and begin treatment.
 - Leave the house and call for law enforcement.
 - Have your partner call for help while you stay with the patient.
35. Which of the following pathogens is transmitted through contact with open wounds or sores?
- Pertussis
 - Staphylococcus
 - Varicella
 - Meningitis
36. What reference provides important information regarding hazardous materials, emergency care, and procedures in case of accidental fire or release; supplies definitions of placard colors and identification numbers; and should be standard issue on-board all ambulances and rescue units?
- Accidental Exposure and Contamination Guide
 - Emergency Response Guidebook
 - Emergency Preparedness and Response Plan
 - Material Safety Data Sheets
37. What is a simple step EMTs can perform to help prevent the spread of flu in the prehospital environment?
- Place a surgical mask on suspected flu patients.
 - Transport all patients with coughs to negative pressure rooms.
 - Notify the CDC and local health department of flu cases.
 - Encourage patients to get their H1N1 antivirals early in the flu season.
38. Which of the following statements is true concerning the H1N1 Swine Flu?
- Efforts to slow the spread of disease are ineffective.
 - Symptoms are unrecognizable until fatal.
 - It has killed 30 to 50 million people worldwide.
 - Respiratory droplets are its mode of transmission.
39. Healthcare employers are required by law to make hepatitis B _____ available to employees free of charge.
- prophylaxis
 - vaccine
 - cure
 - immunity
40. What is an accurate statement regarding tuberculosis (TB)?
- The incubation period of TB is from 1 to 7 days.
 - TB is not spread through surface contamination.
 - The TB pathogen only affects lung tissue.
 - A PPD skin test can detect TB exposure.

Well Being of the EMT

41. **Which of the following statements about HIV/AIDS is true?**
- a. HIV positive needlesticks have a 30 percent infection rate.
 - b. The HIV virus lives longer outside the body than hepatitis B.
 - c. HIV positive needlesticks have less than a 0.05 percent infection rate.
 - d. Drugs are not available that slow HIV from progressing into AIDS.
42. **What is the name of the federal act that mandates a procedure by which emergency healthcare providers can find out if they have been exposed to potentially life-threatening diseases while on the job?**
- a. The Communicable Disease Notification Act
 - b. The EMS Personnel Health Protection Act of 1991
 - c. The Occupational Exposure to Bloodborne Pathogens Act
 - d. The Ryan White Comprehensive AIDS Resource Emergency Act
43. **Which one of these groups is at greatest risk of contracting and transmitting tuberculosis?**
- a. Current and former smokers
 - b. Immunosuppressed patients
 - c. Uranium mine workers
 - d. Healthcare practitioners
44. **You are treating a patient who has a productive cough and who reports weight loss, loss of appetite, weakness, night sweats, and fever. Which of the following diseases is most likely the cause of these signs and symptoms?**
- a. Hepatitis B
 - b. Pneumonia
 - c. AIDS
 - d. Tuberculosis
45. **Which of the following is the form of stress that can cause immediate and long-term problems with an EMT's health and well-being?**
- a. Megastress
 - b. Hyperstress
 - c. Distress
 - d. Eustress
46. **You observe a coworker telling a terminal cancer patient and her family, "Everything will be OK." Making false reassurances is considered:**
- a. naive and uncompassionate.
 - b. caring and supportive.
 - c. professional and discreet.
 - d. ambiguous and uncertain.
47. **A family member who keeps pleading with a deceased loved one to "wake up" is experiencing which reaction to death and dying?**
- a. Anger
 - b. Rejection
 - c. Projection
 - d. Denial
48. **Which of the following behaviors would demonstrate that an EMT understands reactions to death and dying?**
- a. Being tolerant of angry reactions by patients and family members
 - b. Giving a dying patient hope that a cure can be found before the patient dies
 - c. Providing spiritual guidance to patients who express anger at God
 - d. Being firm with grieving family members and telling them they need to accept what has happened

Well Being of the EMT

49. **Which of the following behaviors would be considered a common sign of stress rather than an acute psychological problem?**
- a. Failure to use PPE appropriately on a regular basis
 - b. Irritability with friends, family, coworkers, or patients
 - c. Flashbacks, nightmares, and feelings of detachment
 - d. Increased speeding and reckless driving
50. **An interaction with a(n) _____ is a situation that may lead to an acute stress reaction.**
- a. routine call
 - b. alcohol abuse
 - c. ongoing night shift
 - d. unpleasant coworker
51. **What are some positive ways to help deal with stress?**
- a. Caffeine to "get up and go"
 - b. Regular physical exercise
 - c. Adding workload to a busy regular schedule
 - d. Drinking alcohol to "unwind"
52. **Which of the following BEST describes the purpose of CISD?**
- a. Reducing psychological trauma
 - b. Reenacting the call to confront stressors
 - c. Bringing to the public's attention the stressful roles of public safety personnel
 - d. Identifying individuals who are not emotionally capable of handling EMS roles and responsibilities
53. **What are some signs and symptoms that a coworker may be experiencing delayed stress reaction (PTSD)?**
- a. Irritability with friends, family, coworkers, or patients
 - b. Difficulty sleeping, loss of appetite, and distractibility
 - c. Headaches, stomach ailments, and a chronic cough
 - d. Flashbacks, nightmares, and feelings of detachment
54. **Which of the following provides the greatest personal safety for an EMT working at a motor vehicle collision?**
- a. Nonslip footwear
 - b. Reflective outer clothing
 - c. Portable radio
 - d. Flashlight
55. **You discover a patient with abdominal bruising after arrival to an assault. The patient has an elevated pulse and respiratory rate, and a low blood pressure. Law enforcement is on-scene, and one of the officers asks if you can wait 15 minutes for a crime scene investigator (CSI) to arrive. He said the CSI needs to photograph the bruising, which will mean valuable evidence if the perpetrator goes to trial. The EMT's primary obligation is to**
- a. transport the patient immediately.
 - b. use a cell phone camera to take the photos.
 - c. have the CSI upgrade to a Code 3 response.
 - d. await the CSI because the person responsible needs to go to jail.
56. **An EMT is confronted by an armed gunman who is threatening to kill the EMT and his partner. An elevation in the EMT's heart rate and blood pressure occurs in which stage of the body's response to stress?**
- a. Resistance stage
 - b. Exhaustion stage
 - c. Alarm reaction stage
 - d. Response stage

Well Being of the EMT

57. **While transporting a patient to the hospital who has a history of terminal brain cancer, the patient says, "I know I'm going to die, but first I want to see my grandson graduate from high school." What stage of death and dying describes this patient's current condition?**
- a. Bargaining
 - b. Denial
 - c. Anger
 - d. Depression
58. **When responding to the scene of a patient who was discovered to be unresponsive, not breathing, and without a pulse, family members state that the patient has been suffering from cancer for several years. One of his sons is cursing at you and your partner, saying that you are not moving fast enough. Which stage of grief is the patient's son experiencing in response to his father's death?**
- a. Denial
 - b. Depression
 - c. Anger
 - d. Acceptance
59. **You are dispatched to the staging area of a terrorist-related chemical exposure. The incident commander asks you to stand by while hazmat personnel bring patients to the cold zone. As an EMT on-board an ambulance, what statement BEST describes your role?**
- a. Triage patients to be decontaminated
 - b. Transport decontaminated patients
 - c. Coordinate hazmat response
 - d. Transport patients to be decontaminated
60. **What are the minimum Standard Precautions an EMT should take when transporting a patient infected with SARS or Avian flu?**
- a. Gloves, N-95 mask, and goggles
 - b. Gloves
 - c. Gloves and N-95 mask
 - d. Gloves, N-95 mask, goggles, and gown

Well Being of the EMT

Test Name: Well Being of the EMT

1. c. Ensure scene safety
2. d. An organism that causes infection and disease
3. c. Personal protective equipment
4. d. To prevent spreading infection to the next patient
5. c. A patient who is actively coughing
6. b. Mask yourself and the patient.
7. b. heavy-duty gloves
8. d. Obstructing the ability to visualize and protect the airway
9. c. Splinting a sprained ankle
10. c. Stress
11. a. critical incident stress
12. d. Sympathetic nervous system
13. d. Enlargement
14. d. The provider's gloves come into contact with fecal matter.
15. d. Cortisol
16. d. adaptation
17. d. N-95; surgical
18. c. exhaustion
19. b. may be helpful in some situations, but harmful in others.
20. c. Fecal-oral
21. b. Hepatitis B
22. b. hypertrophy
23. a. Bleeding gastric ulcers
24. c. seek help from a trained mental health professional.
25. d. cumulative
26. d. delayed stress reaction.
27. d. Think and solve problems
28. d. Eustress
29. a. Personal safety
30. c. Dispatch law enforcement and wait until the scene is secure.
31. b. plan.
32. d. dispatch animal control to your location.
33. a. Retreat, radio, reevaluate
34. c. Leave the house and call for law enforcement.
35. b. Staphylococcus
36. b. Emergency Response Guidebook
37. a. Place a surgical mask on suspected flu patients.
38. d. Respiratory droplets are its mode of transmission.
39. b. vaccine
40. d. A PPD skin test can detect TB exposure.
41. c. HIV positive needlesticks have less than a 0.05 percent infection rate.
42. d. The Ryan White Comprehensive AIDS Resource Emergency Act
43. b. Immunosuppressed patients
44. d. Tuberculosis
45. c. Distress
46. a. naive and uncompassionate.
47. d. Denial
48. a. Being tolerant of angry reactions by patients and family members
49. b. Irritability with friends, family, coworkers, or patients
50. d. unpleasant coworker
51. b. Regular physical exercise
52. a. Reducing psychological trauma
53. d. Flashbacks, nightmares, and feelings of detachment
54. b. Reflective outer clothing
55. a. transport the patient immediately.

Well Being of the EMT

- 56. c. Alarm reaction stage
- 57. a. Bargaining
- 58. c. Anger
- 59. b. Transport decontaminated patients
- 60. d. Gloves, N-95 mask, goggles, and gown